

Sweet Potatoes 5

Number of Servings: 5 (107.76 g per serving)

Amount	Measure	Ingredient
19.00	oz	Sweetpotatoes, vac pack, cnd, pces
0.06	tsp	Spice, allspice, ground
1/8	ea	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts			
Serving Size (108g)			
Servings Per Container			
Amount Per Serving			
Calories 100	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 23g	8%		
Dietary Fiber 2g	8%		
Sugars 5g			
Protein 2g			
Vitamin A 170%	Vitamin C 45%		
Calcium 2%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Arrange sweet potatoes in sprayed shallow pans. Spray sweet potatoes with butter flavored cooking spray. Sprinkle with allspice (or cinnamon may be used for variation). Add enough water or liquid from can to keep from drying. Cover with foil or lid.

If fresh sweet potatoes are boiled and used for above recipe, 16# Sweet Potatoes AP = 13# EP (enough for 50 servings).

Bake at 400 degrees F for 20-30 minutes. Heat to 165 degrees F or higher and transfer to steamtable.